



Symptoms

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Symptoms refer to how you feel. For example, "I am not feeling well from fever." "My nose is running." "I feel nausea from the food I ate." "I have a cough." "I feel pain in my neck, head or back."

Fever: many people will go to a drug store to get a drug to help them feel better by getting rid of the fever. The fever goes away, you feel better. The part that most people don't understand is that the fever is not the problem. Fever is a perfectly healthy, natural response of the body to rid itself of some bacteria, virus or toxin. In fact, a fever is one of the most powerful stimulus the immune system has. At higher temperatures threatening microorganisms clear, the body initializes an alert for white blood cells to disintegrate problem bacteria, viruses and fungi. In fighting cancer, fever initiates the body to release cancer-fighting chemicals such as interleukin. So, while your body is trying to raise the temperature to rid itself of something that isn't supposed to be there you are functioning perfectly, even though you may be feeling bad. In these listed cases, if we take the fever away to feel better through covering up the symptom with a drug, can you see potential problems? Do you or someone you know take aspirin regularly?

Cough: Cough is your body trying to get rid of foreign debris in the airways; in this case, does it make sense to stop that with a cough suppressant? If "Yes", for how long is that alright?

Runny nose: A runny nose is the body's way of preventing pollen and dust and bacteria from entering further into your body. Do you or someone you know have chronic (on-going) sinus problems?

Vomiting: if you eat tainted food the healthy response is to throw-up, ridding your body of toxins. You may feel terrible while you throw-up but you are functioning perfectly. In this case, if you take a drug to stop the nausea and vomiting to feel better through covering up the symptom with a drug, can you see potential problems? If so, what and where?

Diarrhea: in many cases it is your body's way of getting rid of foreign invaders or toxins; in this case, if we stopped diarrhea with a drug what do you think would happen?

Pain: is the body's way of saying there is something out of balance...pressure on a nerve or instability.

•**Neck pain/headache:** neck pain and headache is your body's way of saying there is pressure or irritation of a nerve. The cervical spine (neckbones) not only protect nerves for muscles in the neck, but also nerves in and around your head, shoulder, arm, wrist, and hand, as well as nerves to the following vital organs: thyroid, lungs, stomach, and heart. If we covered up the neck pain, spinal imbalance, and nerve distortion with medication for months or years, what do you think would happen to the function and health potential of these listed vital organs if the spine is not corrected?

•**Low back pain:** thoracic-lumbar vertebra (back vertebra) not only protect nerves for muscles in the back, but also nerves for muscles of your hip, leg, foot as well as for all of your abdominal and pelvic organs (i.e. liver, pancreas, spleen, intestines, reproductive organs, kidneys). If we covered up the back pain, spinal imbalance, and nerve distortion with medication for months, what do you think would happen to the function and health potential of those organs listed? How will the muscles in the legs, pelvis, abdomen/ pelvis grow?

Chiropractic recognizes the importance of your body's ability to function and adapt, if there is no nerve interference. In many cases, symptoms are important signposts telling you and me what interference there may be. Use these listed signposts & share what symptoms you are experiencing with your chiropractor.

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QR Code for 1st 5 Steps Needed to Start Care:



Ready to grow a healthy body with chiropractic? Please complete the first five steps on the following page: www.joefamilychiropractic.net/blank [Link](#) Ask for a psustaining care active life plan for you and your family today.

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